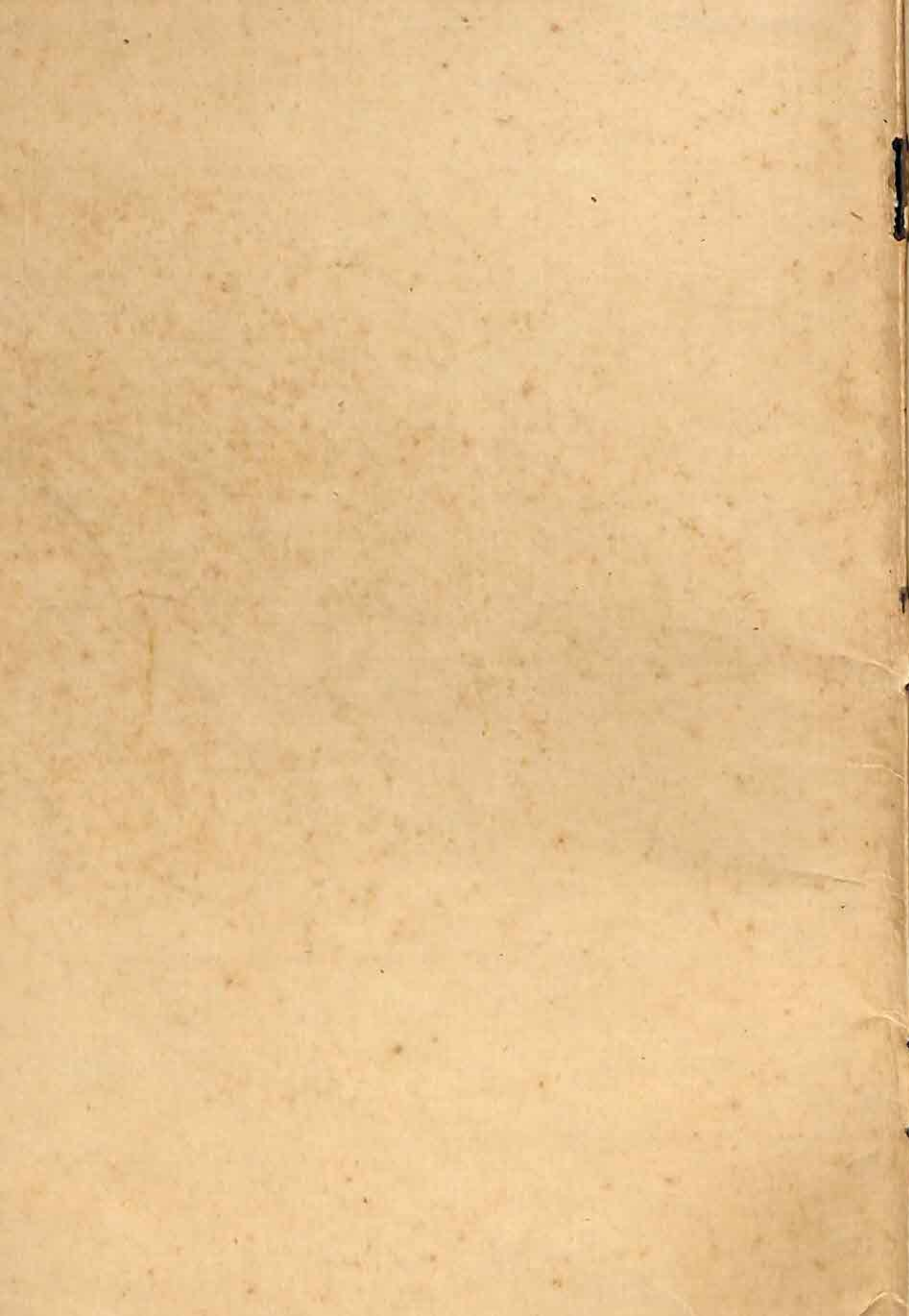


CYRIL BIBBY



A HEALTHY
DAY

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A HEALTHY DAY

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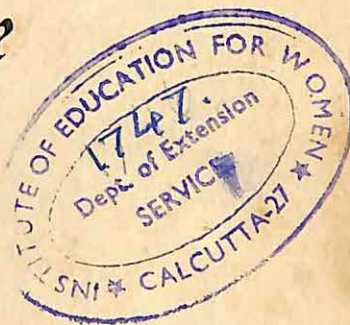
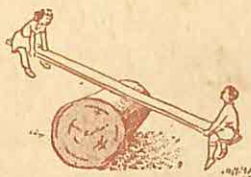
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For Educators

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AND YOUTH LEADERS (*Macmillan*)

^cA HEALTHY DAY

BY
CYRIL BIBBY



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1955

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For
Peter, John, Helen and Gillian
and their cousins

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PREFACE FOR TEACHERS

RECENT years have seen a considerable intensification of interest in health education and a deepening appreciation of what that term implies. Unfortunately this educational advance has scarcely been reflected in school texts, and some of the so-called 'hygiene' books are of such a negative and prohibitory nature as to give children the impression that they can be either hygienic or happy, but not both. This book, however, attempts not only to present the simple basic facts relevant to healthy living, but to do so in such a way as to convey the general impression that to live healthily is to live happily and that to practise health is not only good sense, but also good fun.

In writing this series I have tried to cater for the interests, needs and reading abilities of children over a wide range ; but it is clearly only the individual teacher, knowing the individual pupils, who can decide for which class in any particular school the text of this volume is most suited. Needless to say, I have tried to keep the vocabulary within appropriate limits of simplicity, but have had no hesitation in introducing relevant technical terms where their omission would involve inaccuracy or circumlocution, or where familiarity with them is essential for intelligent reading of the popular press in later years. Some unfamiliar words, moreover, have been introduced deliberately, in the hope

that children will ask their meanings and thus give the teacher opportunities for explanation and discussion.

While I have tried by the general tone of the text to encourage a positive emotional attitude towards health, it is clear that any book will be impotent in the absence of proper school and home attitudes. All the health instruction in the world is so much dead seed unless it is made viable by pupils who have a real desire for health and who know joy in its attainment. An effort has, therefore, been made in the text to realise health instruction in everyday child-situations and to present health education as active doing rather than as passive reception.

In health education, perhaps more than in most fields of education, co-operation between school and home is essential and I have, therefore, taken the unusual step of addressing a preface to parents. It is my hope that teachers will make a point of asking pupils to show this preface to their parents and will also try to draw the parents into active co-operation in the health education of their children.

The subject matter of this volume deals with those aspects of health (both physical and mental) which seem to me peculiarly important for children of this age-range ; and in the selection of this matter much help has been derived from British vital statistics, the publications of various health bodies and some of the American studies on ' curriculum building '. A fair amount of space is devoted to safety training, since the common practice of devoting several pages to the cleaning of the child's teeth

and only two or three lines (if that) to the preservation of the life of the child whose teeth are to be cleaned, strikes me as somewhat unbalanced. In deciding what safety topics to include, valuable guidance has been obtained from statistical reports of child-accident deaths and injuries.

The book owes much to the generous help of many people. Lord Horder was kind enough to criticise the text as physician and Professor H. R. Hamley as educationist. Miss W. E. Tilley and Mr. R. N. Waters tried out the manuscript with Primary School pupils of various ages; while Mrs. F. M. Bibby gave incisive yet kindly criticism at every stage of the writing.

The drawings and photographs have all been made specially for the book, the former by Mr. Ian Morison and the latter by Camera Talks of Northwood, both working in close collaboration with Mr. H. Cowdell. Miss M. Kaufman devoted great care to the preparation of the text, while Mr. L. J. F. Brimble, as editor, co-ordinated everybody's efforts. To all these I tender thanks, whilst emphasising that responsibility for any inadequacy or error is mine.

CYRIL BIBBY

CHIPPING BARNET
HERTFORDSHIRE

PREFACE FOR PARENTS

It is somewhat unusual for a school book to have a preface for parents, but the reason here is fairly obvious. The education of children to a healthy way of life cannot be carried out successfully by teachers alone ; the co-operation of parents is essential. It is useless for the teacher to explain the need for a balanced diet if the parent in the home provides an unbalanced one ; it is equally useless for the parent to insist on the washing of hands before eating, if the teacher in the school does not back up this training. Neither parent nor teacher can do a satisfactory job unless the other helps.

I am not, of course, asking parents to do the work of teachers. I am, however, saying that parents who wish their children to grow into a healthy way of life cannot afford to leave everything to their teachers. If, therefore, your children are asked in school to do certain things at home, please help them to do so. If, moreover, you feel that the teacher can help your efforts at health training by doing certain things at school, please do not hesitate to say so. Your children's teachers may not always agree with you, but they will welcome your interest and co-operation.

CHIPPING BARNET
HERTFORDSHIRE

CYRIL BIBBY

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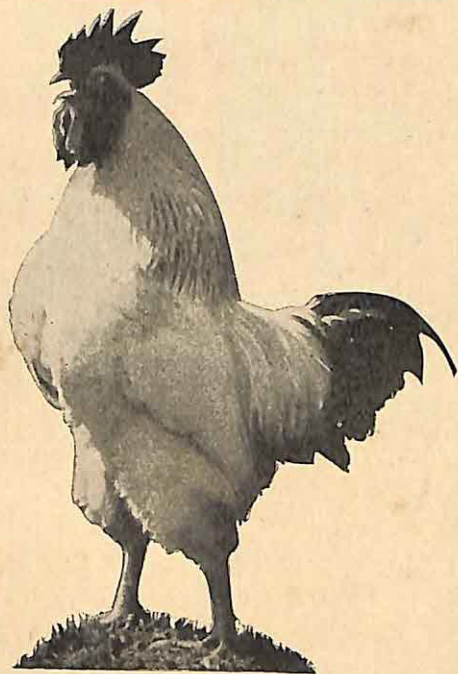
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I. BRIGHT AND EARLY



THE WORLD WAKES UP

Cock-a-doodle-do !

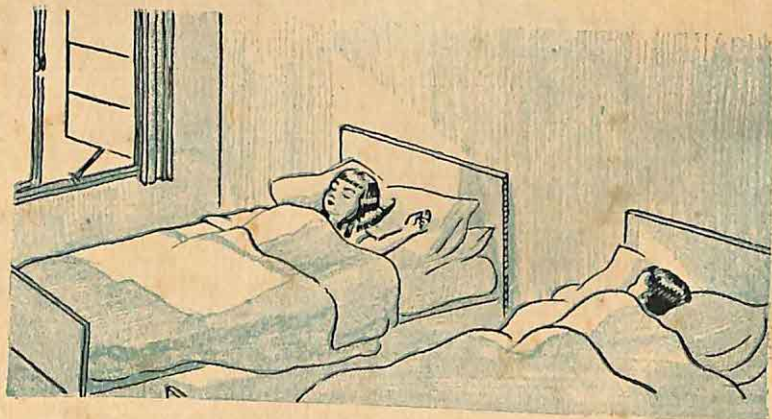
Cock-a-doodle-do !

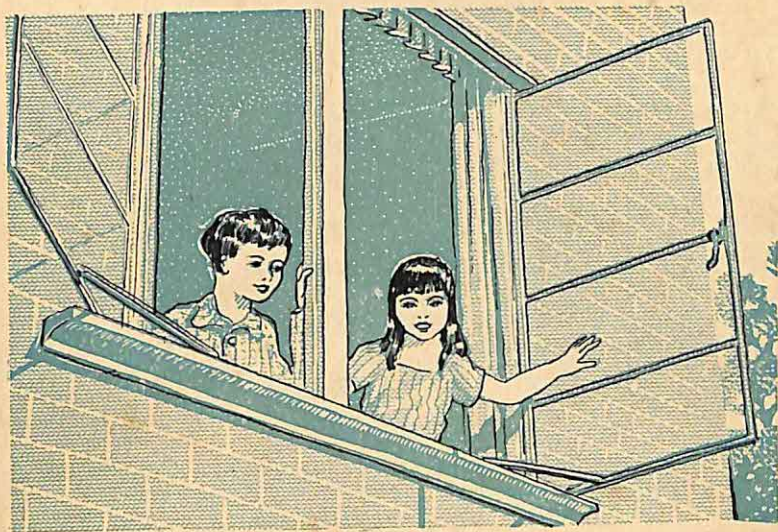
The cock began to crow, for it was morning.

In the hedges, the birds were singing. In the shippon, the cows were being milked. The morning sun was rising in the east.

Peter and Anne were still fast asleep in their beds. Then the sun rose higher and shone through the bedroom windows. Its warm, bright rays fell on the sleeping childrens' faces. Soon Peter and Anne moved in their beds and opened their eyes.

The world was awake, and so were Anne and Peter.





OUT OF BED

“Hurrah!” cried Peter. “It’s bright and sunny.”

“Hurrah!” cried Anne. “What a lovely day!”

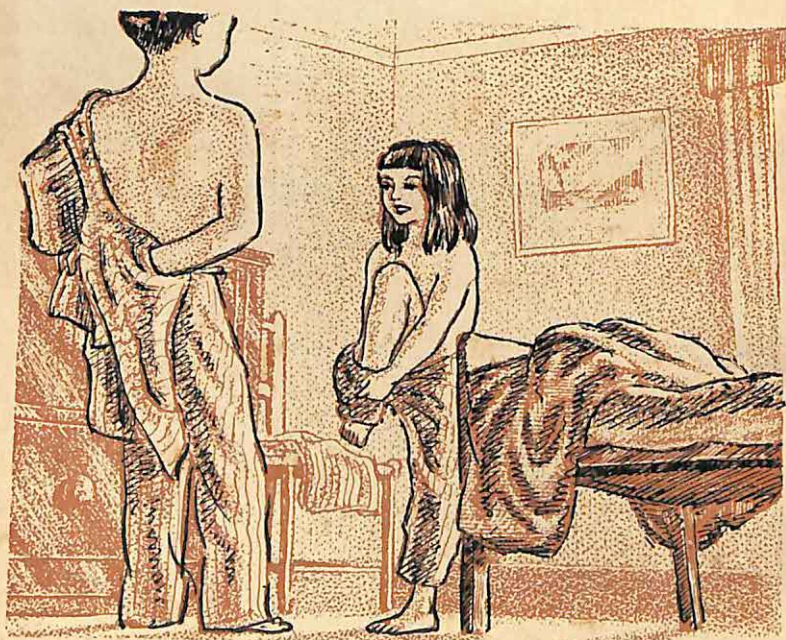
They jumped quickly out of their beds and ran over to the open window.

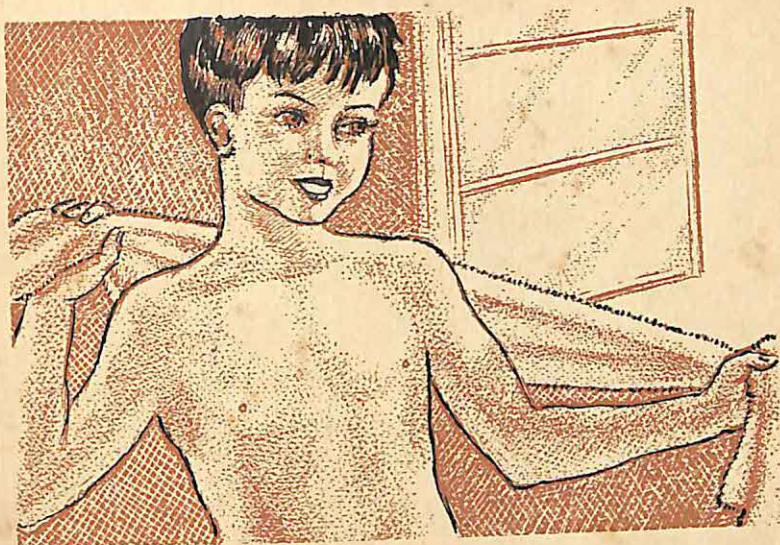
“Look at the blue tits,” called Anne. “See them on the bird table.”

"Yes," replied Peter. "They are having their breakfast."

"I should like my breakfast, too," Anne said.

"So should I," said Peter. "We had better get ready. Come along, Anne! Let us get washed and dressed as quickly as we can."





WASHING AND DRESSING

Anne took off her pyjamas and ran into the bathroom. She stood on the bathmat so that her feet would not get cold. Then she washed herself quickly.

First she washed her hands and arms.

Then she washed her face and neck and ears.

Then she washed her legs.

When she had finished washing, Anne

rubbed herself all over with the towel. After a brisk rub, she felt warm and glowing.

Next, Anne cleaned her teeth quickly, so that she would not get cold.

"I love a clean, fresh feeling in my mouth," she said.

What do you think Anne did next?

She rinsed round the washbasin so as to leave it clean for Peter. If the washbasin is not made clean after it is used, it looks very unpleasant.

While Peter was washing, Anne put on her clothes and slippers. Then she combed and brushed her hair. Her hair was soft and shiny because she always brushed it well.

"Are you ready, Peter?" she asked.

"Yes, I'm ready," Peter answered.

"Good!" said Anne. "Let us go downstairs."



HAVING BREAKFAST

Everybody was getting ready for breakfast. Daddy was lifting baby Judy into her high-chair. Peter was helping his young brother John to fix his napkin into the neck of his jersey. Anne had just finished laying the table. Mummy was cutting the bread.

"Are you all sitting down?" mummy asked a moment later.

"Yes," said daddy.

"Yes," said Anne.

"Yes," said Peter.

Young John said "Ess," meaning "Yes."

Baby Judy bounced up and down in her high-chair, to show that she was there.

"Good!" said mummy. "Now we can start."

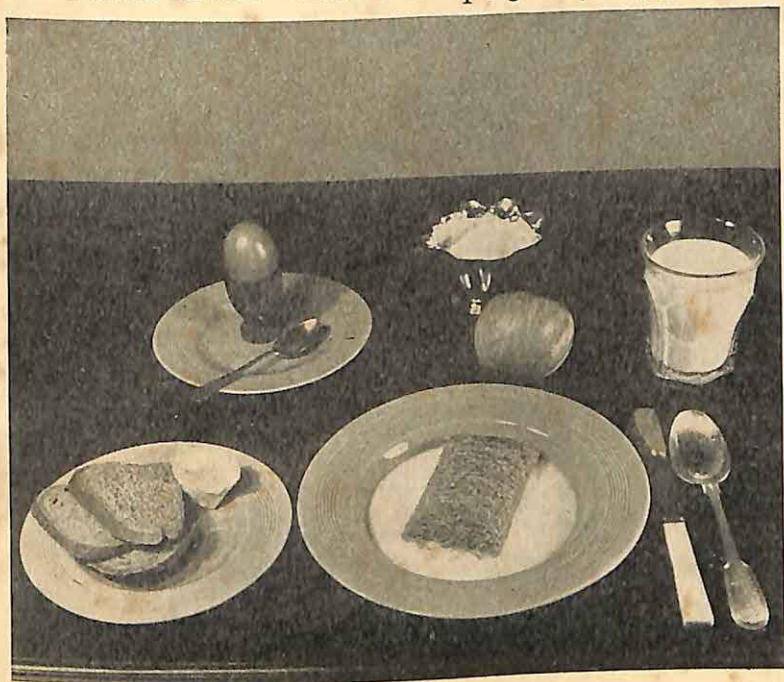
What do you think they had for breakfast?

First there was cereal with plenty of milk.

Then there was a boiled egg, with wholemeal bread and butter.

Then there was a big glass of milk.

Then there was a crisp, juicy apple.



"That was a good breakfast," said Anne.

"Yes," her father replied. "Good food like that will make you grow up strong and healthy."

"Egg is as good as meat. It helps to build strong muscles."

"The bread and the cereal help to keep your body warm."

"The milk helps to build strong bones and teeth."

After everyone had finished breakfast, they sat around the table for a few minutes, talking and joking. Then daddy had to go to work, and everyone left the table.

"Now then, Peter and Anne!" mummy cried. "You two had better be getting ready for going out."

"All right, mummy," they replied, and off they went upstairs.

READY FOR GOING OUT

After breakfast, Anne and Peter got themselves ready for going out. This morning, Peter was ready first. He did six things.

First, he sat on the lavatory, as he did every morning after breakfast.

Second, he washed his hands, as he always did after going to the lavatory.

Third, he cleaned his teeth, so that bits of his breakfast would not be left on them.

Fourth, he combed and brushed his hair, so that it would grow soft and tidy.

Fifth, he put a clean handkerchief into his pocket, in case he wanted to wipe his nose or cough or sneeze.

Sixth, he put on his outdoor clothes and shoes so that he would be warm and dry.

Then he was ready to go out.

SIX THINGS TO DO EACH MORNING BEFORE GOING OUT



Did you go to the lavatory after breakfast this morning?

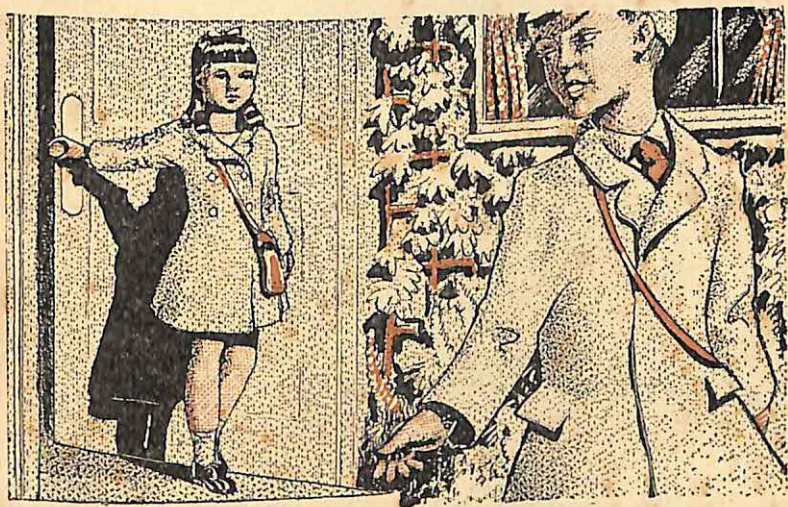
Did you wash your hands after going to the lavatory?

Did you clean your teeth after breakfast?

Did you comb and brush your hair before leaving the house this morning?

Did you take a clean handkerchief?

Did you put on suitable outdoor clothes before you left the house?

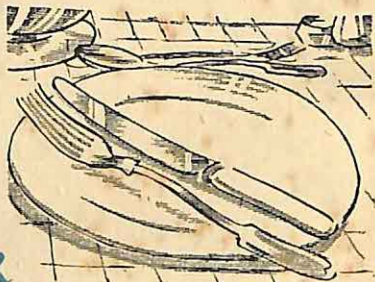
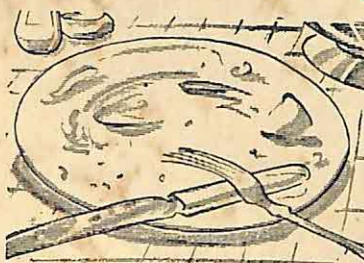




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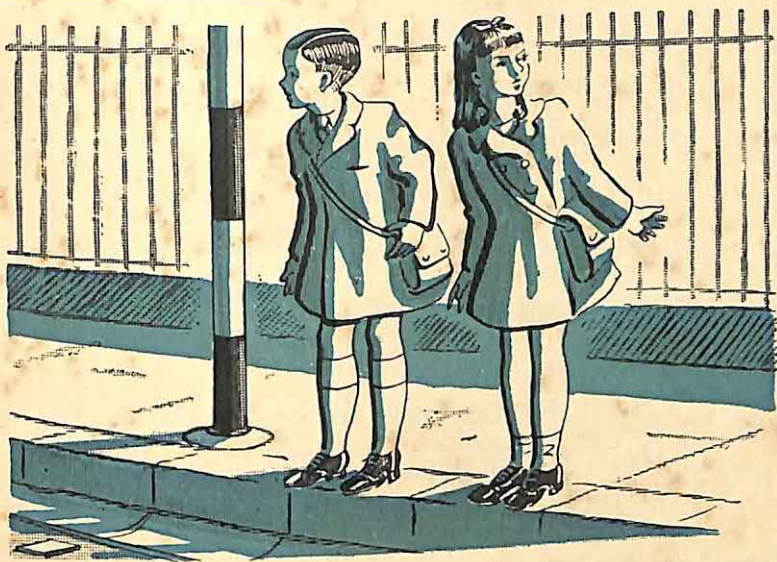
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WHICH DO YOU DO ?

2. TIME FOR SCHOOL



SAFELY TO SCHOOL

“Goodbye, mummy!” cried Anne and Peter.

“Goodbye, John!”

“Goodbye, Judy!”

Then off to school they went.

They were very careful to walk on the pavement and not in the road.

"I don't want to get run over," said Peter.

"Neither do I," replied Anne.

When they came to the main road, they walked along until they reached a proper crossing place. This was marked by two lines of white studs across the road. On each pavement there was a 'beacon', which looked like a black-and-white stick with a yellow football on top.

At the crossing there was a policeman.

"Wait a moment," he called. "I will stop these cars and let you cross." Then, a little later, he said "Come along now" and Peter and Anne walked safely across the road.

Soon they were at school. After a few minutes play, they hung up their coats in the cloakroom and changed into indoor shoes.

Peter looked at his hands and said

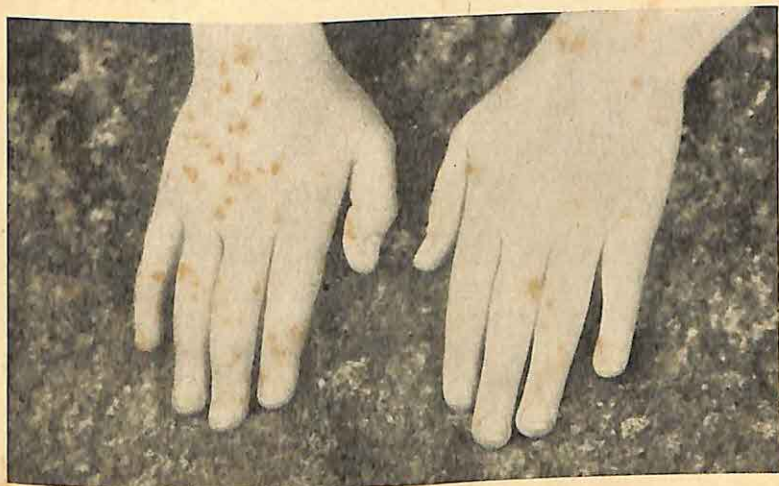
“Good gracious! How black they have got while I was playing.”

Then Anne saw that her hands were dirty too.

“We’d better wash them before we go into the classroom,” she said.

So off they went to the washbasins and gave their hands a good wash and a good dry.

“Now we are ready,” they said, and went into their classroom.



WHO SNEEZED ?

Miss Brown was playing the piano and all the children in her class were dancing round the room. Suddenly there was a tremendous sneeze.

A-a-a-tish-oo !

Miss Brown stopped playing and asked, "Who was that sneezing ? "

"I sneezed," said Billy Smith. "I've got a cold."

"Well, you *are* a silly Billy then," Miss Brown replied. "You should not have come to school to-day."

Then she turned to the class.

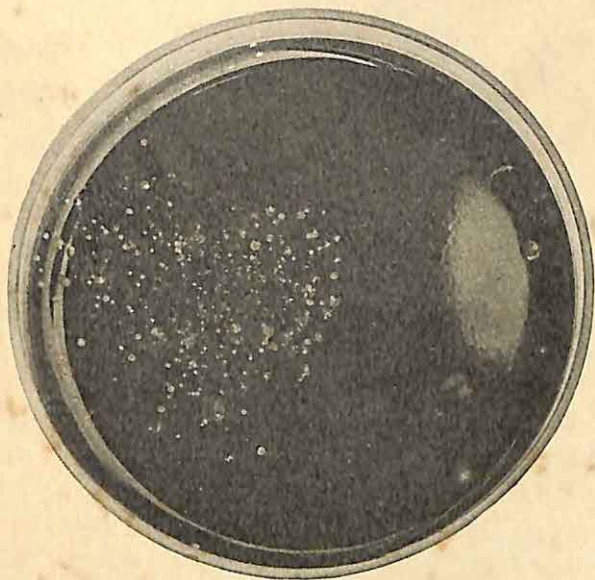
"Who knows why Billy should not have come to school to-day ? " she asked.

"Because he has a cold," said Peter. "He might give us his germs."

"Yes," said Miss Brown. "And who knows what 'germs' are ? "

“I do,” Anne replied. “Germs are tiny little things that sometimes make you ill. They are so small that you can’t see them.”

“That’s right,” said Miss Brown. “Germs are so small that you need a microscope to see them. But, although they are so small, they are dangerous. In fact, germs are much more dangerous than lions and tigers.”



"Do they kill people?" asked Peter.

"Sometimes," Miss Brown replied.

"Some sorts of germ are very dangerous. Some germs give you diphtheria; other germs give you a cold. So you should always take great care not to pass on your germs to other people."



Then she turned to Billy.

"Tell me, Billy," she asked. "What should you do when you have a cold?"

"Sneeze into my handkerchief," said Billy, "so that my germs won't get spread about the room."

"Yes," said Miss Brown, "and what else should you do?"

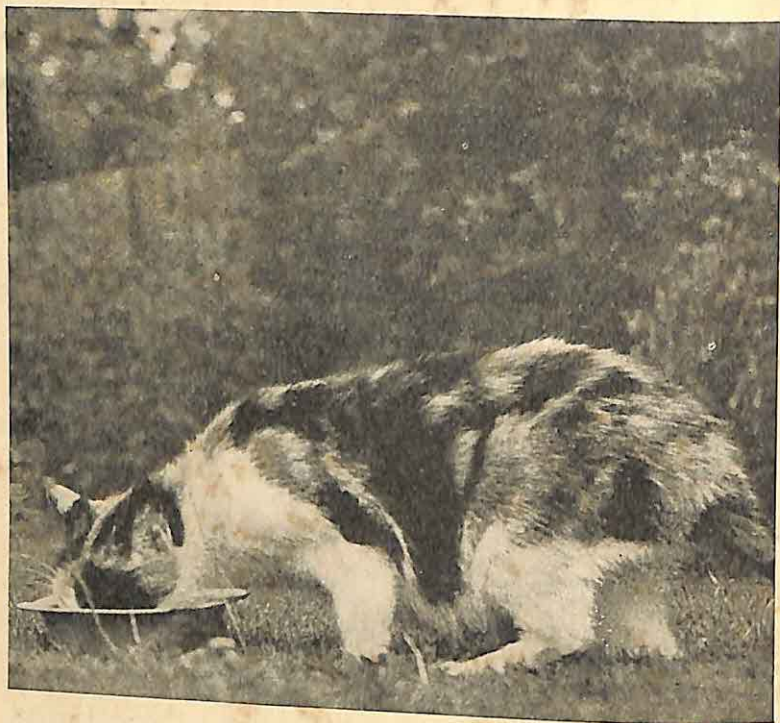
"Stay at home," Billy replied, "so that I don't give my cold to other children at school."

"Good!" Miss Brown said. "Now you had better go along home and ask your mother to keep you away from school until your cold is better."

So Billy went off home, and the class danced again until it was time to have their morning milk.

Do you use your handkerchief when you have a cold?

Do you keep your germs to yourself?



MORNING MILK

“Now,” said Miss Brown, “it is time for us to have our milk. Anne, you can feed Fluffy this morning.”

Fluffy was the school cat, and she always had a drink of milk when the children did.

With having milk every day, Fluffy has grown into a fine, strong cat.

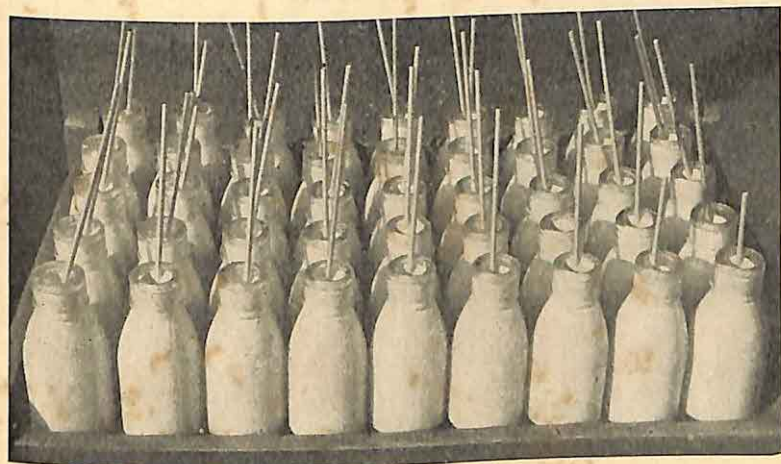
With having milk every day, Anne has grown into a fine, strong girl.

With having milk every day, Peter has grown into a fine, strong boy.

“Come along, Fluffy” Anne called.
“Here is your milk.”

Fluffy ran to her milk and lapped up every drop.

“Now I shall have my milk,” said Anne, as she walked into the dining room.



“Here is your milk, Anne,” said Peter,
“and here is your straw.”

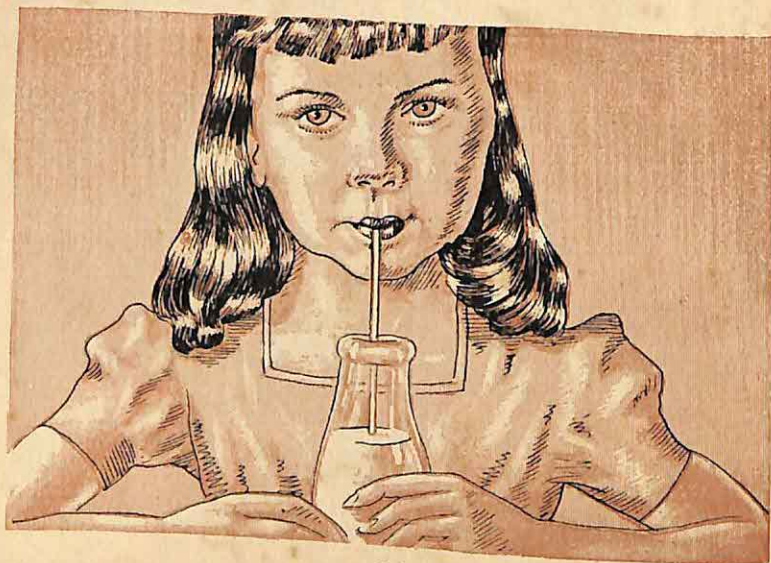
“Thank you,” Anne replied, and
sucked up every drop.

Do you like lovely, creamy milk?

Do you drink as much as you can
every day?

Do you know why milk is good for you?

Do you know why it is good to drink
milk through a straw?



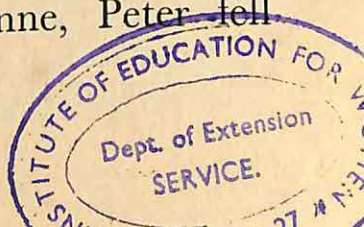


PLAY TIME

When they had finished their milk, Peter and Anne went out to play with their friends. As they ran about, they breathed in deeply and felt warm and glowing.

What fun it is to run and skip and dance and jump!

As he was chasing Anne, Peter fell down and cut his knee.



"You'd better tell Miss Brown," said Anne.

"Why?" Peter replied. "It isn't a big cut."

"Well," Anne said, "I should if I were you. You might get dirt into the cut and it might go bad."

"All right then," said Peter. "Perhaps I should. I'll go and tell her now."

When Miss Brown saw the cut, she washed it and dried it carefully.

"Now I'll put some antiseptic on it," she said.

"What's antiseptic?" asked Peter.

"Don't you know?" Miss Brown replied. "An antiseptic is something that kills germs and stops a cut from going bad. Iodine is antiseptic and so is the liquid in this bottle."

Then she took up the bottle of antiseptic and dabbed some on the cut.

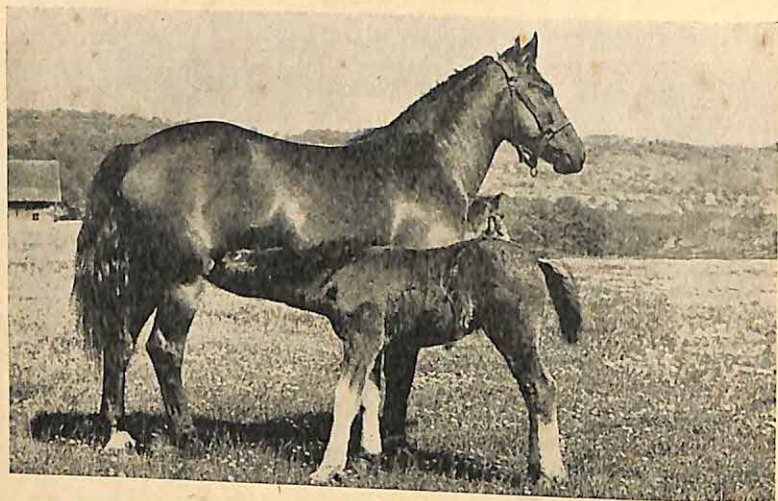
“Does it sting?” she asked.

“A bit,” Peter said, “but I don’t mind.”

“That’s a sensible lad,” said Miss Brown, as she bandaged the knee up. “Now you can go off and play again until the bell rings.”

“Thank you for seeing to my cut,” Peter said, and off he ran to play.





A WALK IN THE FIELDS

“Hooray!” cried Anne. “We are going for a walk in the fields instead of staying in school.”

When the children had all put on their outdoor coats and shoes, Miss Brown led the way along the lane and into the fields.

“Look at that lovely little foal” Anne called. “Why is it snuggling up to its mother like that?”

“It is getting its milk,” Miss Brown

replied. "It sucks it from its mother."

"Does a mare make milk, then?" asked Peter.

"Oh, yes!" answered Miss Brown. "Mares make milk when they have foals, just as cows do when they have calves. So do cats when they have kittens, and bitches when they have puppies. Foals and calves and kittens and puppies suck their mothers' milk and it makes them grow well and strong."



Reproduced by kind permission of the Munich Zoo.

"Is that like a real baby getting milk from its mother?" Anne asked.

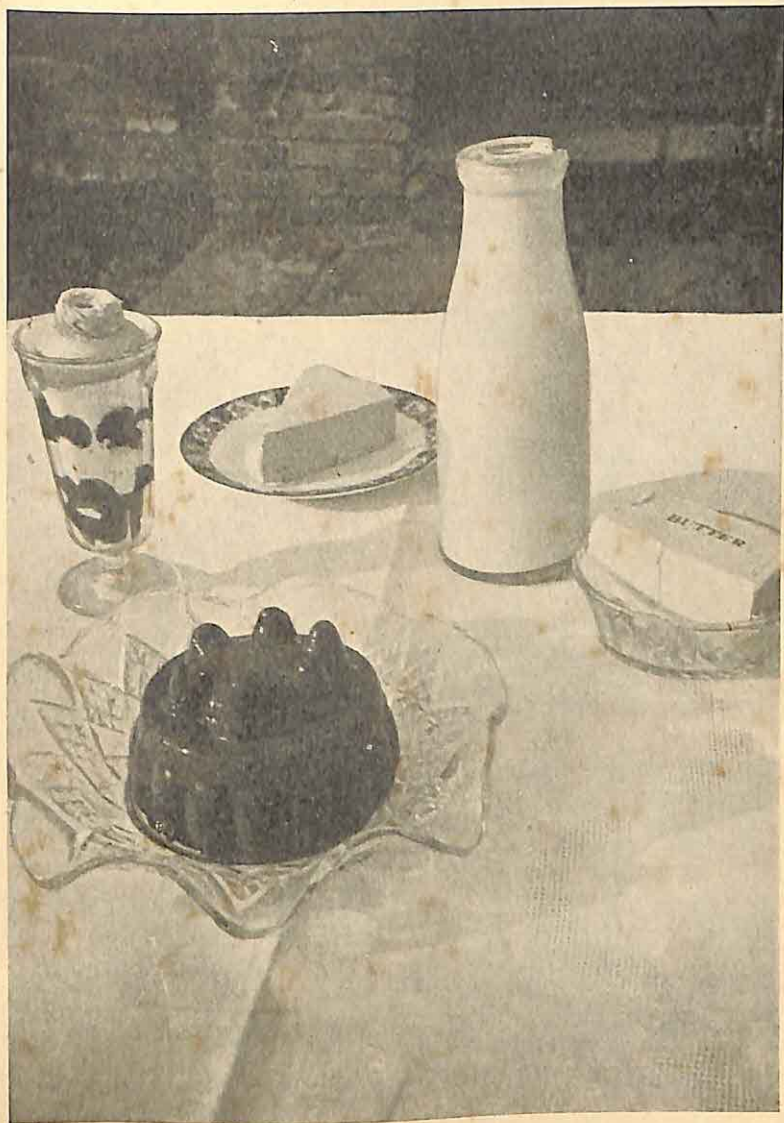
"Yes," Miss Brown replied. "When you were a little baby the only food you had was milk. It made you grow until you were big enough to eat other foods as well. But no matter how old you are, you still need milk."

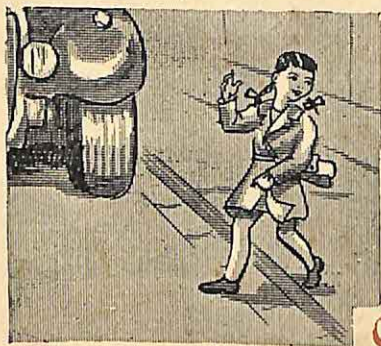
"Do you mean milk to drink, or milk puddings?" asked Peter.

"Both," answered Miss Brown. "Milk to drink, milk in puddings, milk in custards and blancmanges, milk on your porridge and cereal, milk made into cheese—the more you have, the better."

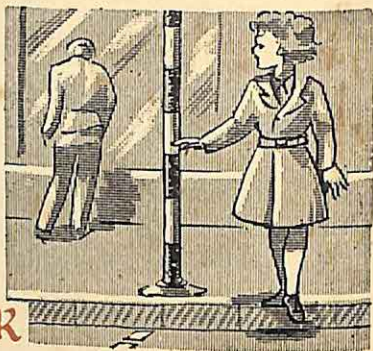
Just then, the mare and foal started running around the field.

"We shall have to be running, too," said Miss Brown. "It is time to get back to school. Come along now, off we go!"

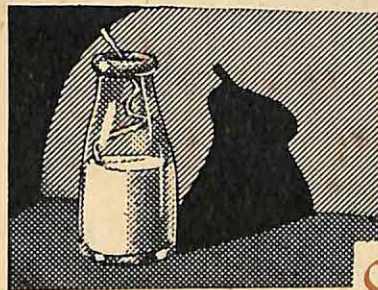




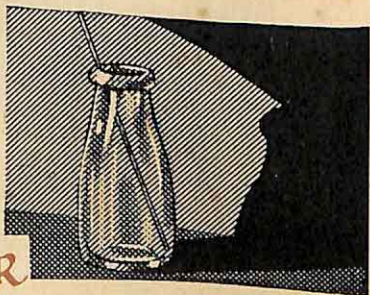
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WHICH DO YOU DO?

3. DINNER TIME



SCHOOL DINNER

Morning school was over, and it was dinner time. Anne and Peter usually have dinner at home, because they live near by. Their friends Fred and Jill have dinner at school, because they live a long way away.

"Come along Jill," called Fred. "Let's have a game of 'hide-and-seek'. It's not time for dinner yet."

After they had been playing for about ten minutes, a bell rang.

Ting-a-ling-a-ling it called.

"That means it's time to wash our hands," Jill said.

The children stopped playing and went into the cloakrooms. After they had given their hands a good scrub, they walked quietly into the dining room.

"This is our table, Fred," said Jill,

Then they sat down and waited for the meal to be served.

It was a lovely meal and the children all ate it up without any fuss or bother.

After they had finished dinner, Jill and Fred sat down for a while to read a book. They always had a rest after dinner, so



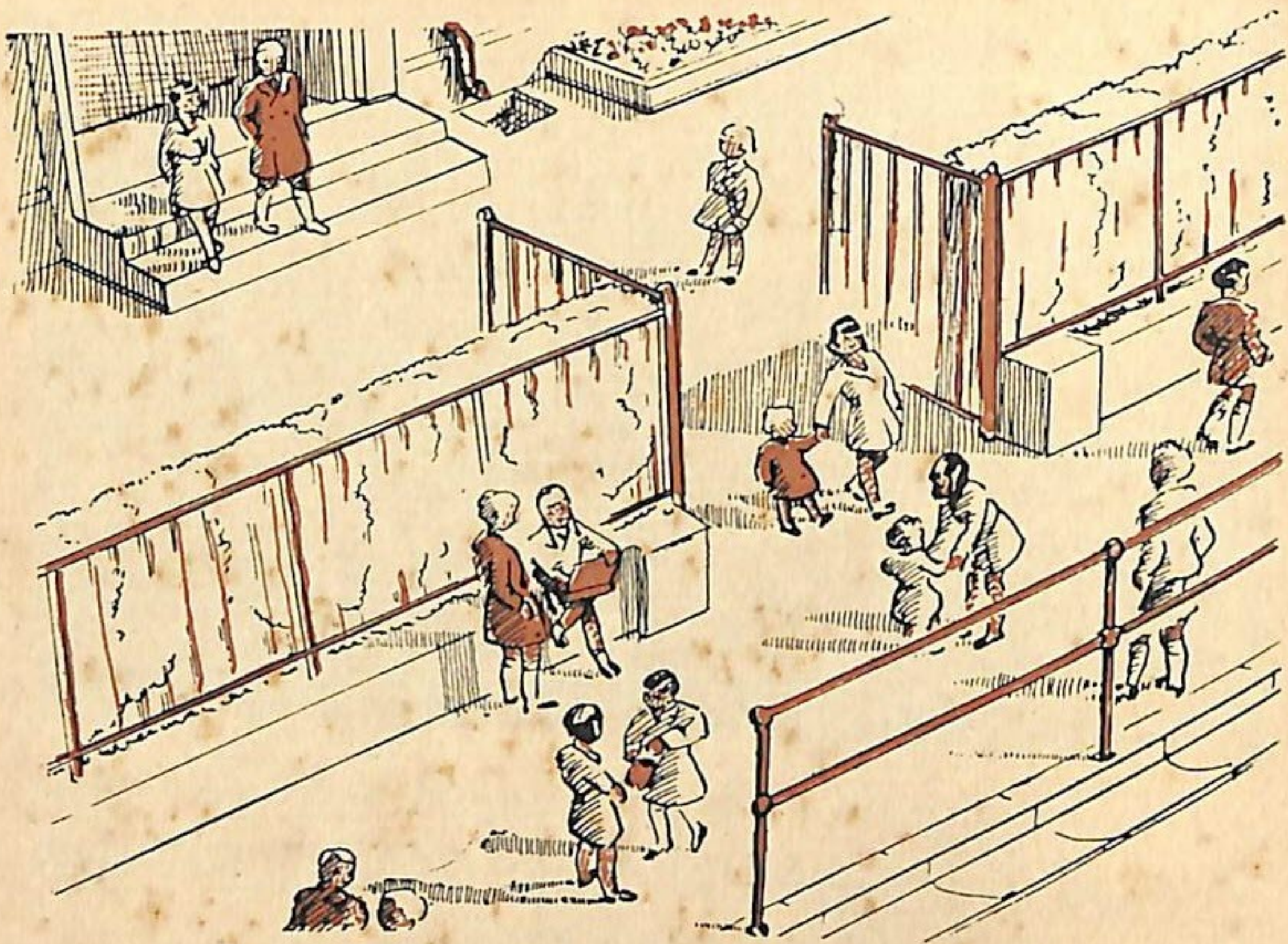
as to give their stomachs a proper chance to digest the food they had eaten.

When they had rested, Fred and Jill went out to play.

“I wonder what Anne and Peter had for dinner?” Jill said.

“I don’t know,” Fred replied. “We can ask them when they come back to school.”

Shall we find out what Peter and Anne have been doing all this time?



QUICKLY HOME

As soon as morning school was finished, Peter and Anne set off home.

“We mus’n’t dawdle” said Anne, “or else our dinner will get cold.”

They walked out of the school gate onto the pavement, taking care not to rush into the road.

“Look!” called Peter. “There’s little Kenneth Jones all by himself. I shall hold his hand while we cross the road, so that he doesn’t get run over.”

He took Ken’s hand and saw him safely across the road. Then he walked along



the pavement with Ken on the inside, until they saw Mrs. Jones at her front door.

"Here is Ken" Peter said. "We've been looking after him."

"Thank you very much" Mrs. Jones replied. "I am so glad you have brought him home."

After they had left Mrs. Jones, Anne and Peter walked briskly along and were soon home.

"Hello, mummy!" they called.

"Hello, John!"

"Hello, Judy!"

"We *are* hungry! Is dinner ready yet?"

"It will be in a few minutes" their mother replied. "You had better come in and get yourselves ready."

What do you think Anne and Peter had to do before having their dinner? See if you can guess.



READY FOR DINNER

As they came into the house, Peter and Anne wiped their feet well on the mat. Then they took off their outdoor clothes and hung them up.

“Can we do anything to help you, mummy?” they asked.

“Yes, please,” their mother replied. “You can lay the table after you have washed your hands.”

The children gave their hands a good scrub and got rid of the dirt.

"I don't want to put any germs on the food," said Anne.

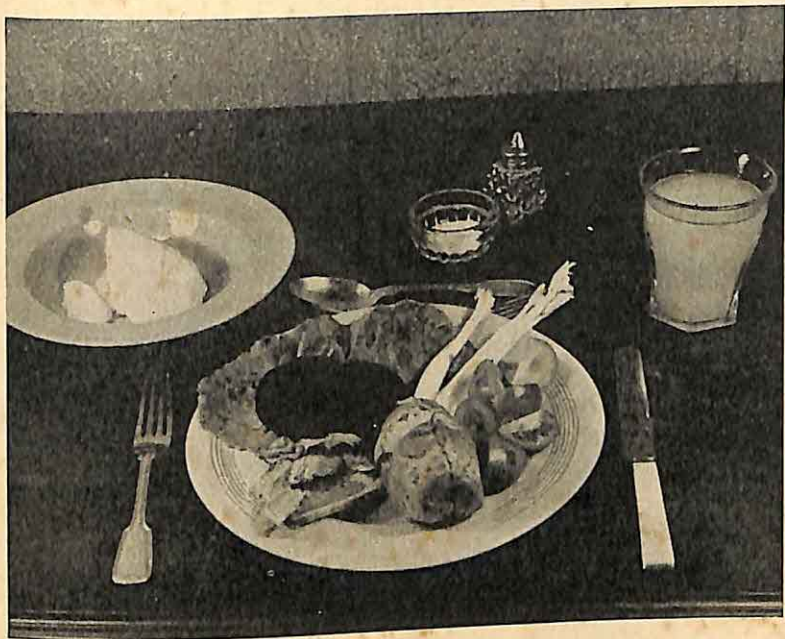
"Neither do I," said Peter.

Soon they had laid the table and their mother brought in the meal.

"Come along now" she cried. "Dinner is ready. Sit up and have it."

And what a lovely dinner it was!





A GOOD MEAL

What do you think Peter and Anne had for dinner?

First they had cold meat and potatoes and green salad.

Then they had a milk pudding.

Then they had a drink of orange juice.

Do you think it would have been as good, if they had had boiled cabbage instead of green salad?

Do you think it would have been as good, if they had had a piece of cake instead of milk pudding?

Do you think it would have been as good, if they had had tea to drink instead of orange juice?



BOILED CABBAGE



FRESH SALAD



CAKE



MILK PUDDING



TEA



ORANGE JUICE

WHICH DO

OR YOU

HAVE?



RESTING

After they had finished, Anne and Peter folded up their napkins neatly.

“Please may I leave the table?” asked Anne.

“Please may I?” asked Peter.

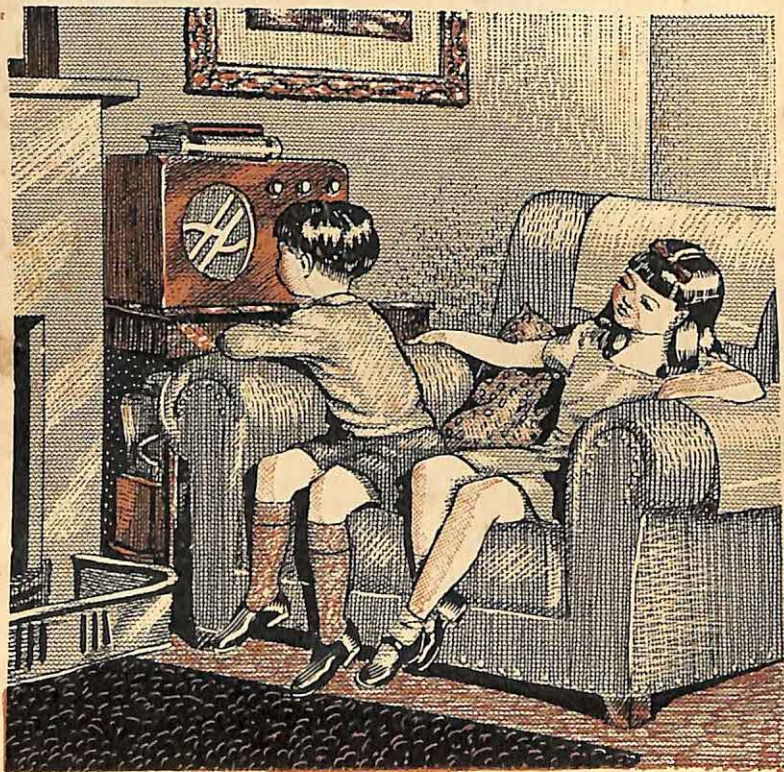
“Yes” their mother replied. “Then I will clear the dishes away.”

“We’ll do that,” Peter and Anne offered, and in two or three minutes the table was cleared.

When they had cleared the table the children sat down and listened to the radio. Every day they have a rest after dinner.

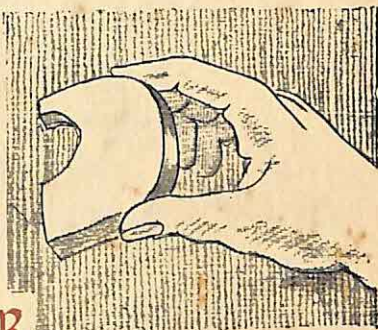
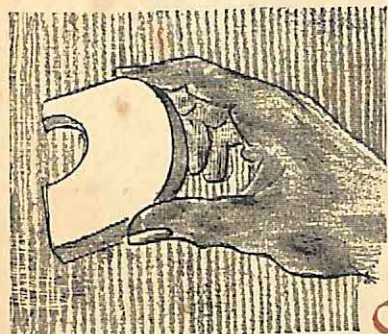
After a while, their mother said that it was time to get ready for school.

"All right, mummy," Anne and Peter replied. "We'll get ready now."

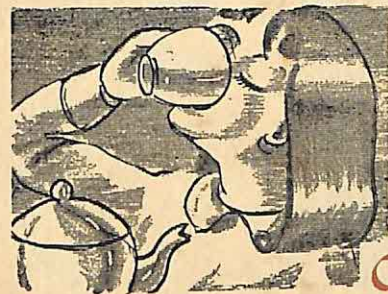




OR



OR



OR

WHICH DO YOU DO?



4. AFTERNOON SCHOOL

BACK TO SCHOOL

After they had switched off the radio, Peter and Anne got ready for afternoon school.

Let Peter tell us what he does to get ready.

"First I go to the lavatory," he says.

"Then I wash my hands and face.

"Then I comb my hair.

"Then I put my outdoor clothes on."

It was raining, so the children wore their raincoats and wellingtons.

"I don't want to get soaked and catch a cold," said Anne.

"Neither do I," said Peter.

The two children put their indoor shoes into their shoe-bags and said goodbye to

their mother. Then off they set for school through the wind and rain. They swung their arms as they walked along, and soon their cheeks were glowing.

When they reached school, they went straight to the cloakrooms. They had their names on their shoes and wellingtons and raincoats, so that they would not get mixed up with the other children's things.

Let Anne tell us what she does next.

"First I take off my raincoat and hang it up to dry," she says.

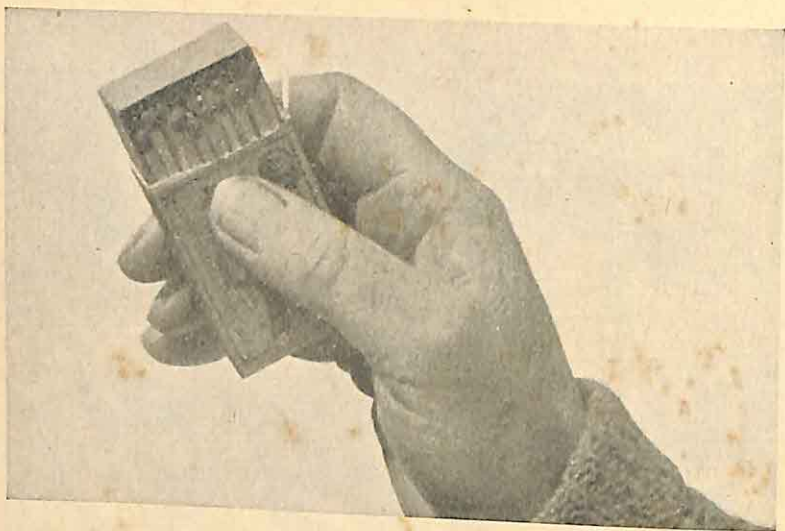
"Then I take off my wellingtons and put them in the proper place.

"Then I put on my indoor shoes.

"Then I hang up my shoe-bag in the proper place."

Soon after Anne and Peter had finished in the cloakroom, the bell rang, so they went and sat down in the classroom.





A BOX OF MATCHES

Miss Brown held up a small box in her hand.

“What is this?” she asked the class.

“A box of matches,” they replied.

“Yes,” their teacher said, “and what do we use matches for?”

“To light the fire,” said Peter.

“To light the gas,” said Anne.

“Good,” Miss Brown said. “Now tell me what we do *not* use matches for.”

No one was able to give the right answer, so Miss Brown gave it herself.

"We do *not* use matches for playing with," she said. "I am going to tell you a story."

Once upon a time there was a boy called Michael with a sister called Mary. One day they were left alone in the house, while their mother went to the shops. They thought that it would be fun to play with matches, so they got a box out. First Mary struck one and then Michael struck one. They thought it was a wonderful game, so they struck a few more matches.

Then a dreadful thing happened. One of the matches set fire to a piece of paper. The piece of paper set fire to Mary's frock. In a few moments Mary's clothes were on fire.

Luckily, their mother came in just then. She rolled Mary up tightly in a blanket and smothered all the flames. So Mary was not burned badly.

"Now," said Miss Brown, "suppose

that their mother had not come home just then. What would have happened? ”

“ Mary might have been burned very badly,” said Anne.

“ The house might have been burned down,” said Peter.

“ And Michael might have been burned very badly too,” said Anne.

Miss Brown then picked up the box of matches again.

“ Watch how I strike one,” she said.

She took hold of the match firmly, by the end away from the head. Then she struck the match on the box, well away from her.

“ Imagine that I am lighting the gas to put the kettle on,” she said.

“ Now what do I do? ”

“ Blow out the match,” said Anne.

Miss Brown blew out the match.

“ What do I do next? ” she asked.

“Put the match in the ashtray,” said Peter.

“No, not yet,” Miss Brown replied. “This is what I do.” She held the burned match in her fingers for a minute.

“I am waiting to give it time to get cold,” she said. “When it is quite cold there is no risk of its setting fire to anything.”

She waited a little longer, and held the charred end in her fingers.

“Now it is quite cold,” she said, “so I can put it in the ashtray. I don’t want to set the place on fire.”

Do you want to set your clothes alight?

Do you want to burn your house down?

Are you going to play with matches?

How can you make sure that a used match is really cooled?



1



2



3



4

FOUR THINGS TO DO
WHEN YOU STRIKE A MATCH



BOBBY AND BETTY

“Come along” said Miss Brown. “We’ll go outside and see how Bobby and Betty are getting on.”

Bobby and Betty are rabbits. Bobby is the buck and Betty is the doe. They live in a hutch in the field at the back of the school. Their hutch is kept dry and is cleared out every day.

"Look at Bobby eating that cabbage leaf" called Anne. "He certainly seems to enjoy it."

"Yes," Peter replied. "And the fresh green food he eats keeps him healthy."

Then Miss Brown said to the class, "Wouldn't it be lovely if we had some baby bunnies?"

"Ooh! Yes!" the children replied.

"I thought you would like some," Miss Brown said. "I think we should have some bunnies before long."

"Where can we get them from?" asked Teddy Jones.

"We don't have to get them," replied Miss Brown. "They will be born from Betty."

"Well," asked Teddy, "where are they now?"

"They are growing inside Betty," Miss Brown answered. "Baby bunnies grow

inside their mother until they are big enough to be born."

"How lovely!" said Teddy. "And do *real* babies grow inside their mothers like that?"

"Yes," Miss Brown replied. "When a baby starts growing it is ever so tiny—about as big as a speck of dust. It is so small that you could hardly see it. But it goes on growing inside its mother, and gets bigger and bigger, until it is big enough to be born."

"Fancy!" said Teddy. "I always thought that babies were brought in the doctor's bag."

"Oh no!" Miss Brown laughed. "That's just a funny story people sometimes tell. There are lots of funny stories about where babies come from. But really it's quite simple—babies grow inside their mothers."

"When will the baby bunnies be born?" asked Peter.

"I'm not quite sure," Miss Brown replied. "I think it will be in about a week."

"What fun!" cried Anne. "Then may we all come along and see them?"

"Yes, of course," Miss Brown replied. "They will be very tiny. You will love them."

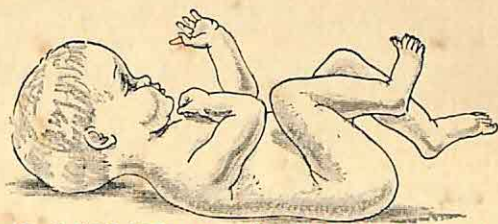
Then everyone said goodbye to Bobby and Betty and went back into the school.



HOW A BABY GROWS

BEFORE IT IS BORN
COMPARE THE SIZES WITH THE RULER BELOW

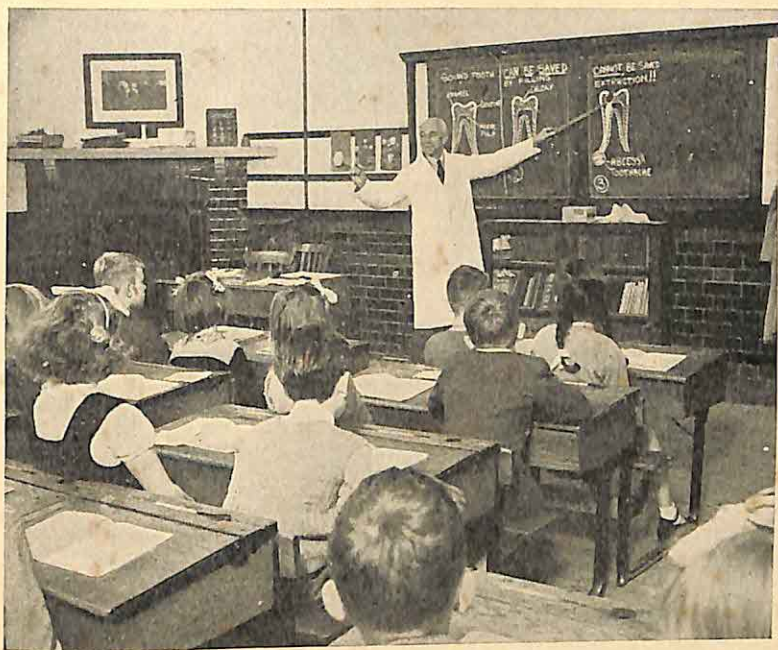
4 MONTHS 2 MONTHS 1 MONTH THE EGG



9 MONTHS (NEWLY-BORN)



6 MONTHS



A VISIT FROM THE DENTIST

Miss Brown came into the classroom with a man in a white coat.

“We have a visitor to-day,” she said. “This is Mr. Davies, the dentist. He has come to have a talk with us.”

Miss Brown sat down and Mr. Davies walked to the front of the room.

“Well,” he asked “what would you expect a dentist to talk about?”

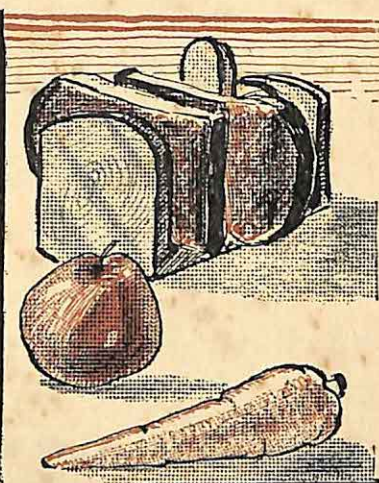
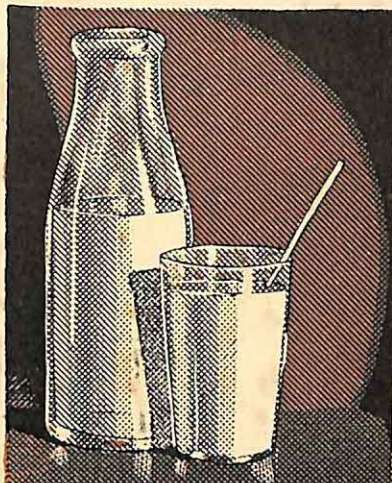
“Teeth,” said Peter.

“Yes,” Mr. Davies replied. “I want to talk about your teeth. But first I should like to see them. Will you all open your mouths wide, and let me see your teeth? That’s right, wide open!”

He walked round the room and looked quickly at the children’s teeth.

“Good!” said Mr. Davies. “Most of you seem to have strong and healthy teeth.





FOUR NEEDS FOR HEALTHY TEETH
1 MILK 2 CRISP FOOD
3 VISITS TO DENTIST 4 REGULAR BRUSHING

But I should like to look at them more carefully. So I'm going to come and examine them one day."

"Will you pull some of our teeth out?" asked Anne.

"I hope not," the dentist replied. "If you have looked after your teeth properly, they will not need pulling out. Would you like me to tell you how to look after them properly?"

"Yes, please!" Anne said.

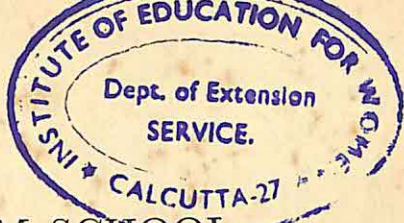
"All right," said Mr. Davies. "Here are four things for you to remember.

"Drink all the milk you can, to give your teeth good food.

"Eat hard food like apples and toast, to give your jaws plenty of exercise.

"Visit the dentist twice a year, to make sure that your teeth are healthy.

"Brush your teeth each morning and night, to keep them nice and clean."



HOME FROM SCHOOL

Ting-a-ling-a-ling-a-ling went the school bell.

Ting-a-ling !

Ting-a-ling !

"Now it is time for you to go home," said Miss Brown.

"Remember to go carefully. I don't want any of you to get run over. Here are some things to remember.

"Don't run across the road. When you want to cross :

First, halt at the kerb.

Then look right.

Then look left.

Then look right again.

*Then, if there is nothing coming,
Walk straight across."*



**HALT
AT THE
KERB**



LOOK RIGHT LOOK LEFT LOOK RIGHT

**WALK
STRAIGHT
ACROSS**

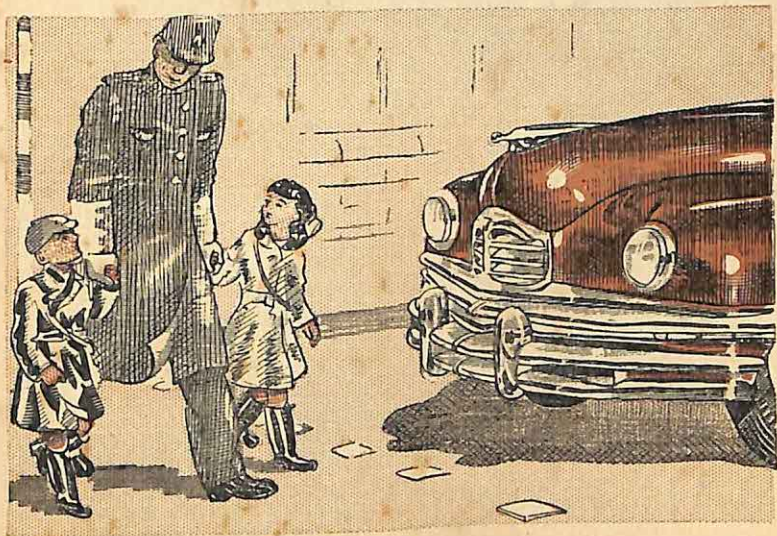


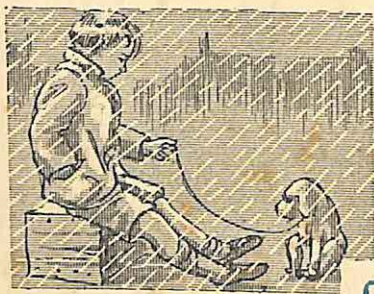
Then Miss Brown said, "Off you go!" and everyone set off home.

When they came to the main road, Peter and Anne walked along until they came to the crossing. Then their friend the policeman saw them safely across.

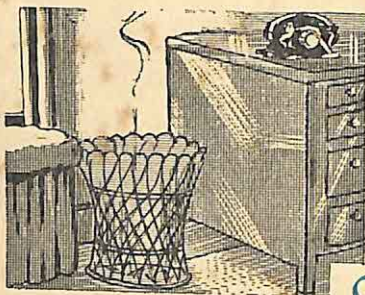
"There you are" he said. "Now see that you go straight home."

"Yes, we will," called Anne and Peter. And straight off home they went.

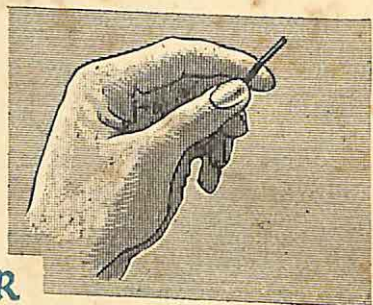




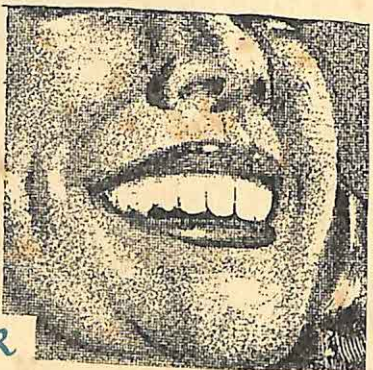
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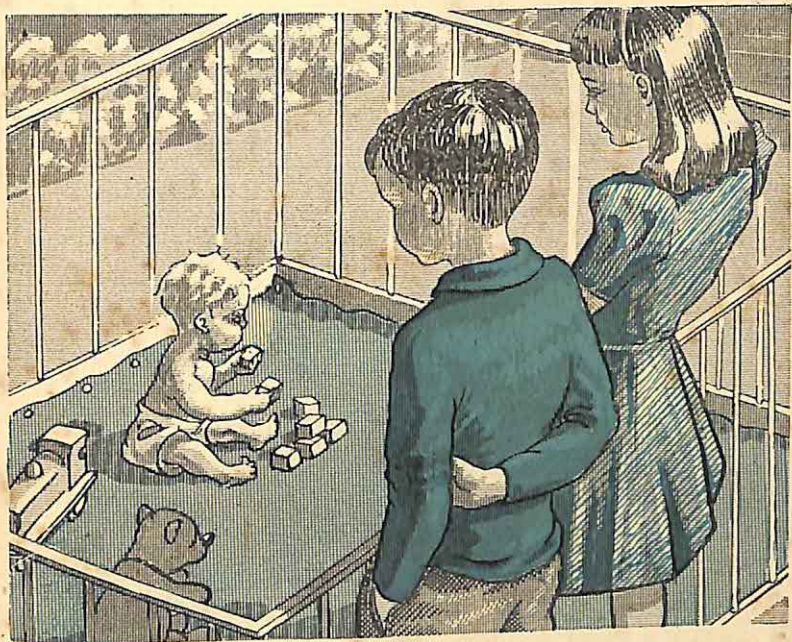


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WHICH DO YOU DO ?

5. A HAPPY EVENING

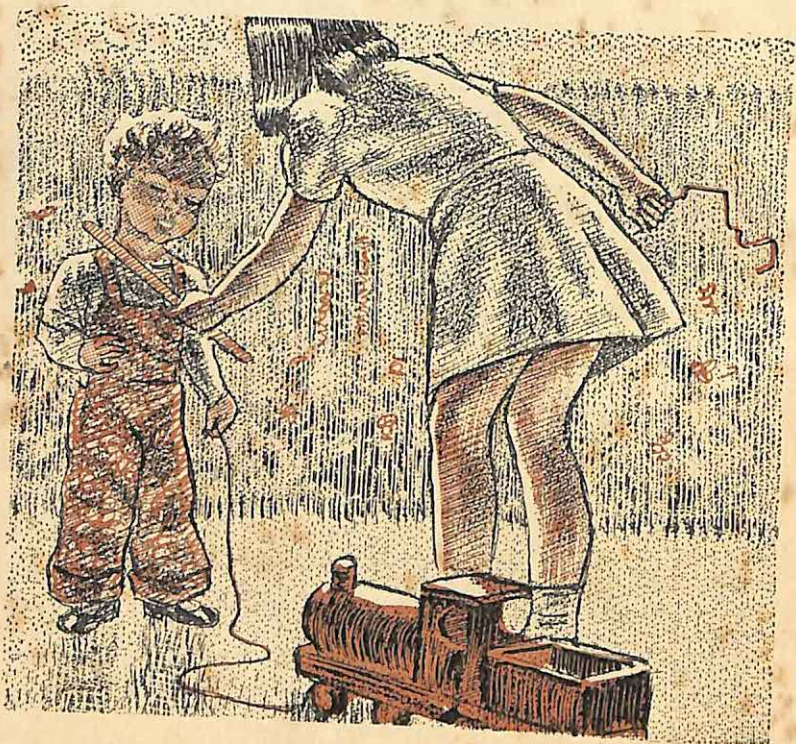


GAMES IN THE GARDEN

As soon as they had hung up their school bags, Anne and Peter went out to play in the garden.

“Keep an eye on Judy and John!” their mother called out to them.

Baby Judy was having a wonderful time. She was sitting on a groundsheet in her playpen, building towers of bricks and then knocking them over. Each time they fell down she gave a happy shriek, and started building them up again.



John was pulling a train round and round the garden.

"It's an *express* train," he said. "It's the fastest train in the world."

Then Anne noticed that John had a nasty, sharp piece of wire in his hand. He was using it as a signal.

"You'll hurt yourself with that," said Anne.

She took the wire away and gave John a smooth piece of wood.

"That is a much better signal," she said.

After a while, Judy got tired of being in her playpen, so Peter asked his mother if he could let her out.

"Yes, if you look after her carefully," his mother replied. "Be careful that she doesn't eat any leaves or earth."

Then the four children had a fine game of ball, until it was time for tea.



TEA TIME

"Tea time!" mother called. "Come along in and wash your hands."

Peter and Anne washed their own hands. Then Peter washed Judy's hands for her. Then Anne helped John to wash his.

It was warm and sunny, so they had tea in the garden. It was a lovely tea.

Everyone except baby Judy had a hard-boiled egg, a tomato and a carrot; and Judy had a little bit of each.

Then they had bread-and-butter-and-cheese sandwiches.

Then they had fresh fruit salad and junket.

And they had lots of milk to drink.

No wonder the children are so healthy, when they have good food like that!



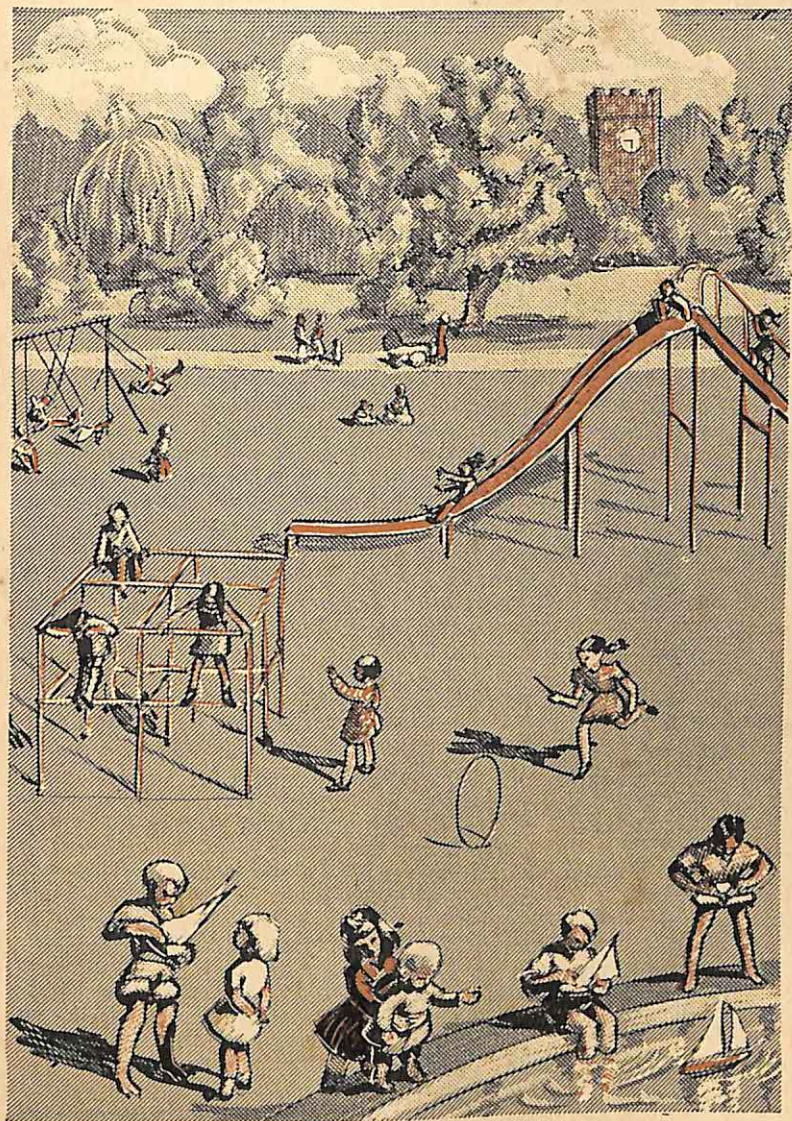
AFTER TEA

After they had finished tea, everyone helped to clear away the dishes (except Judy, of course).

Then mother washed up, and Peter and Anne wiped.

“Now you can run out and play,” mummy said, “but be sure to come back at half-past-six.”

“Shall we go to the swings?” asked Peter.



"Yes," Anne replied, and off they ran.

The swings were in a playground, where there was no fear of being run over. There was a slide and a round-about and a climbing-frame. Best of all, there was a fine, clean paddling pool. The children had wonderful fun there, and the time went like lightning.

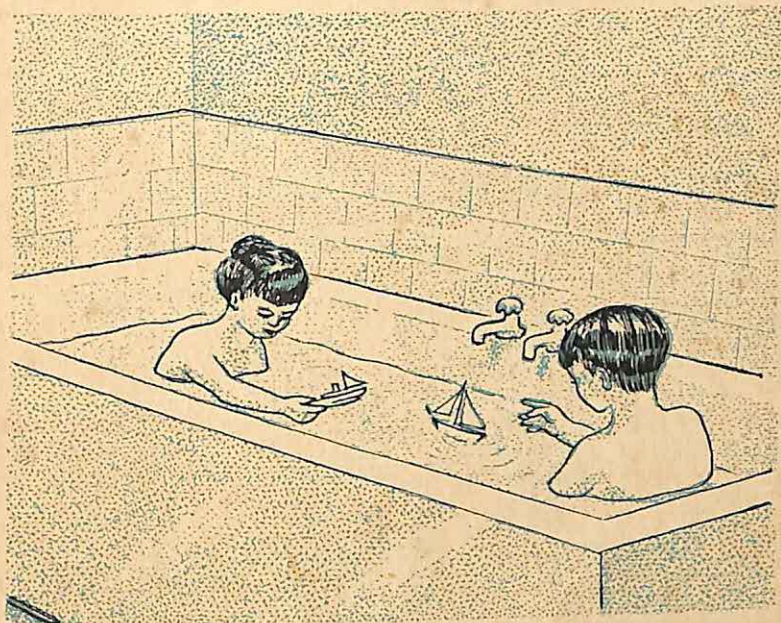
"It's nearly half-past-six," said Anne, looking at the church clock. "We had better be getting home."

When they got home, their father was just starting his tea.

"Hello, daddy!" they called.

"Hello, Anne!" he replied. "Hello, Peterkins!"

While their father was finishing his tea, they all sat quietly and had a chat. Then everyone had a romp in the garden for a little while, until it was time for Peter and Anne to go to bed.



READY FOR BED

After they had cleaned their shoes ready for the morning, Anne and Peter went upstairs and started the bath water running.

“Now let’s see who can get into the bath first,” cried Anne.

“All right!” Peter replied. “We’ll have a race.”

They took off their clothes quickly and hung them carefully over the back of a chair to air. Then they felt the bath water to see that it was not too hot. Then they both jumped in.

"It's a tie!" they cried. "We've both won."

The soap made a lovely white lather and they scrubbed themselves well all over.

"Now I'll rinse all the soap off you," Anne said, "and you can rinse it off me."

When they had finished washing, Peter and Anne had a few minutes fun blowing soap bubbles. Then they splashed themselves with cold water and rubbed themselves really dry with their own towels.

"What a lovely glow you get from a good hard rub!" said Peter.

"Yes," Anne replied. "I feel warm all over."

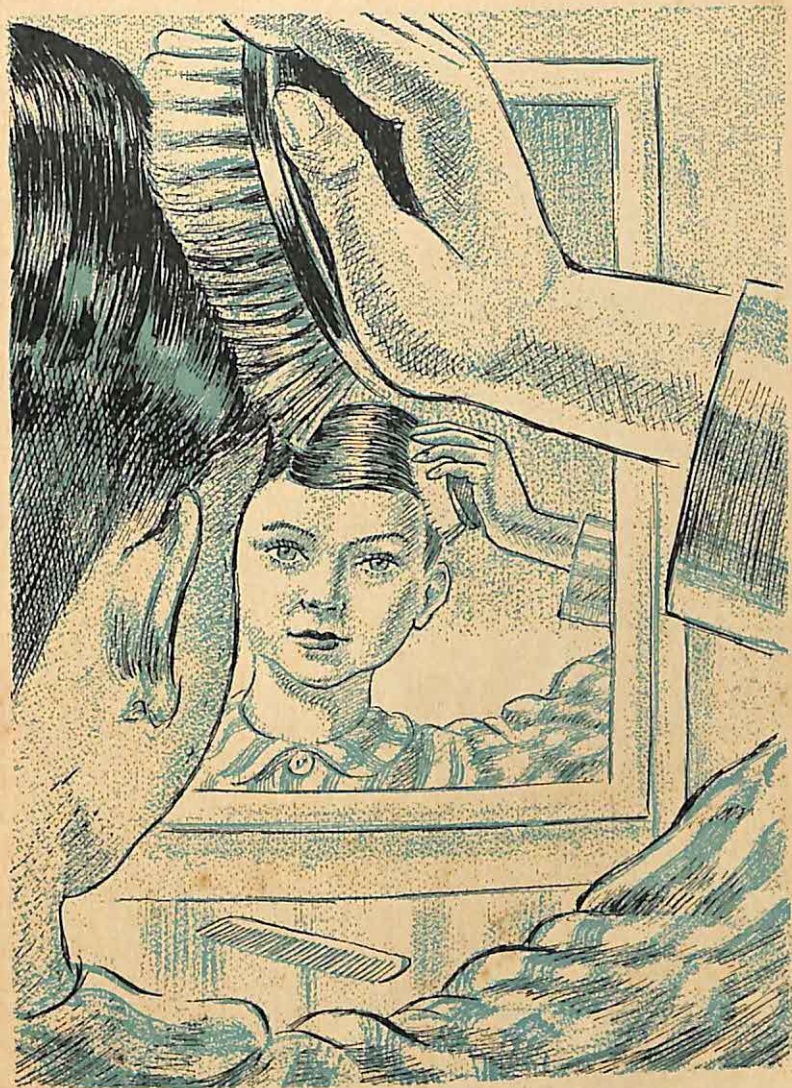


Then they put their pyjamas on.

What do you think they did next?

They cleaned their teeth and combed and brushed their hair. Then they were ready for bed.







FAST ASLEEP

Too-whit, too-whoo!

Too-whit, too-whoo!

The owl hooted through the summer night.

In the fields the daisies were closing up and the cows were lying down to sleep.

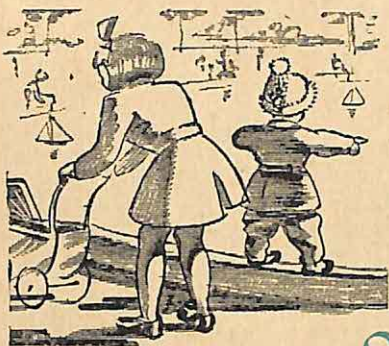
Only the bats and other night creatures were moving.

The sun was setting in the west and the moon and stars were bright.

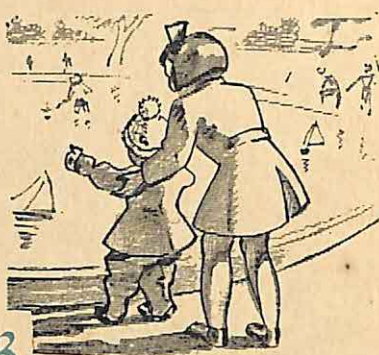
Everything was still.

And, in their two beds, Peter and Anne were fast asleep.

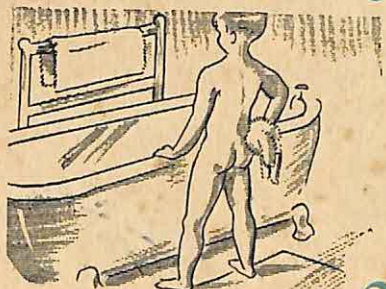
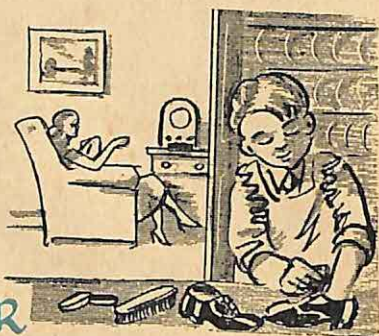




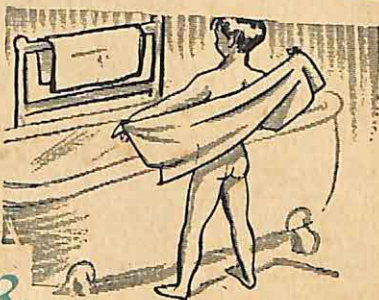
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WHICH DO YOU DO?

SOME USEFUL ADDRESSES

Much valuable advice and educational material may be obtained by teachers and parents from various bodies, including the following :

Central Council for Health Education, Tavistock House,
Tavistock Square, London, W.C. 1.

Central Council for Physical Recreation, 58 Victoria
Street, London, S.W. 1.

Dental Board of the United Kingdom, 44 Hallam Street,
London, W. 1.

Food Education Society, 33 Gordon Square, London,
W.C. 1.

Foot Health Educational Bureau, 90 Ebury Street,
London, S.W. 1.

Ling Physical Education Association, Hamilton House,
Bidborough Street, London, W.C. 1.

National Association for Mental Health, 39 Queen Anne
Street, London, W. 1.

National Council for Maternity and Child Welfare, 48
Queen's Gardens, London, W. 2.

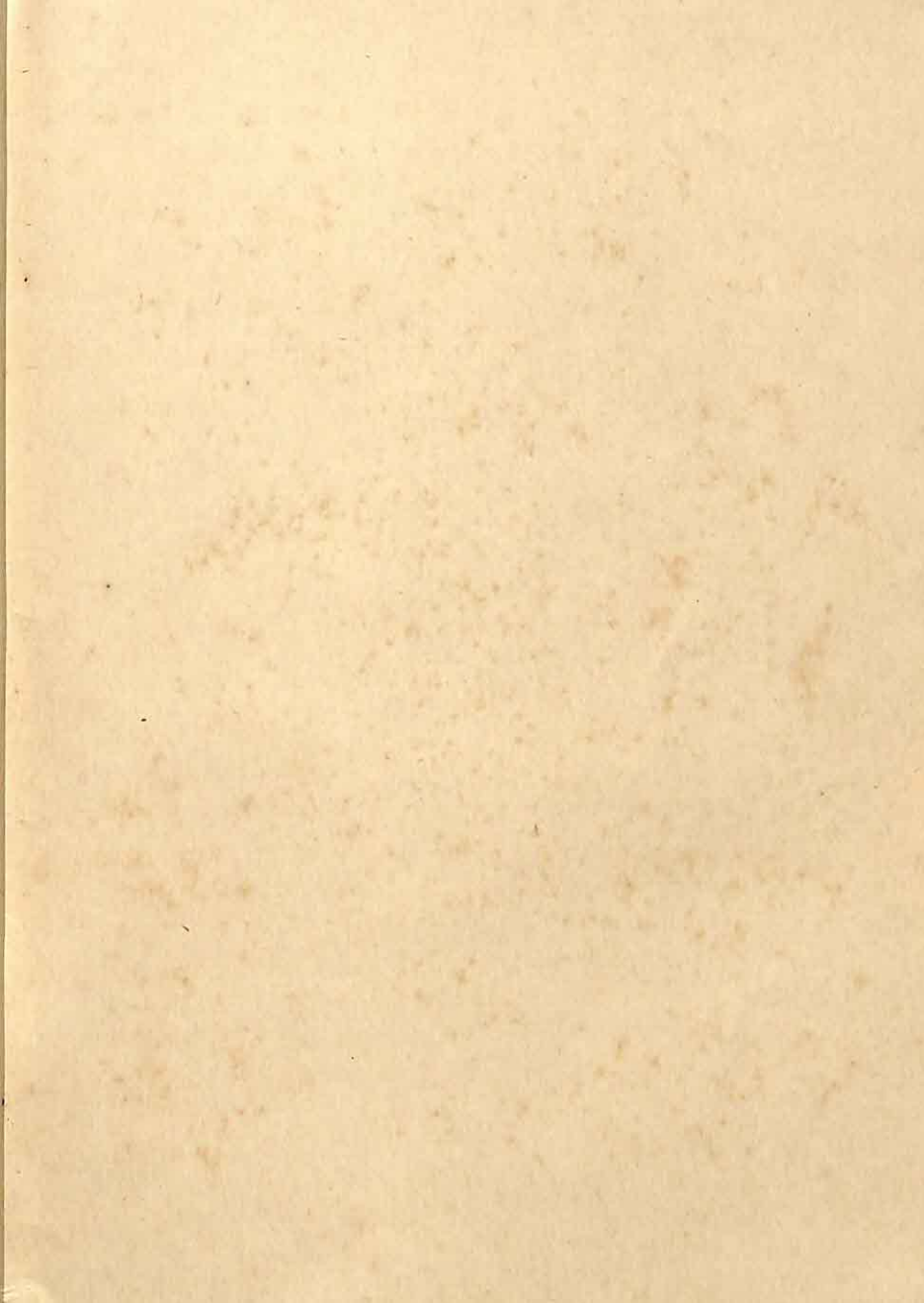
National Milk Publicity Council, Thames Ditton,
Surrey.

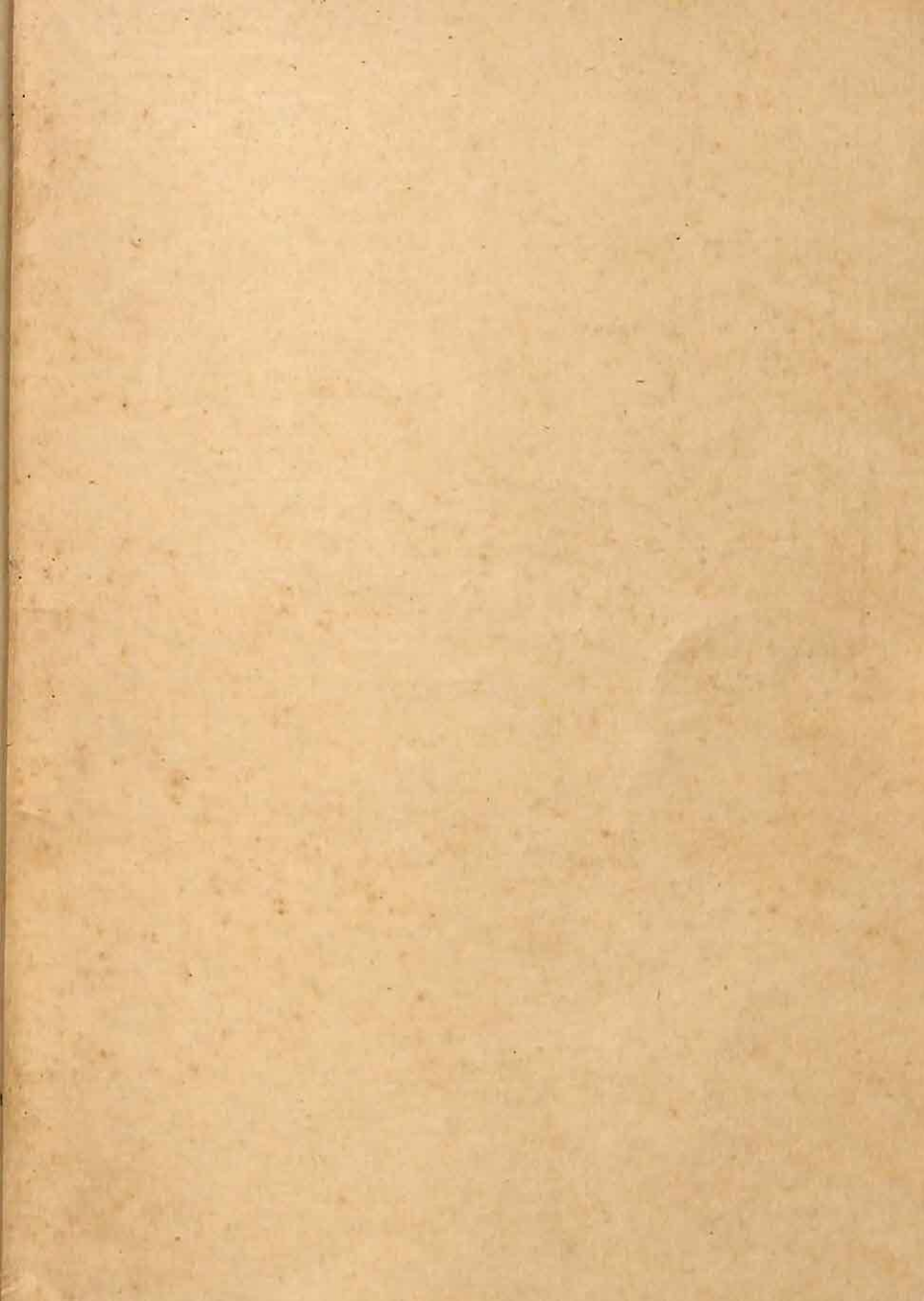
National Ophthalmic Treatment Board, Tavistock
House, Tavistock Square, London, W.C. 1.

Royal Sanitary Institute, 90 Buckingham Palace Road,
London, S.W. 1.

Royal Society for the Prevention of Accidents, Terminal
House, 52 Grosvenor Gardens, London, S.W. 1.

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MANILLA
COVER